Mt Druitt Learning Ground A Behavioural Change Management Centre

Bidwill Square
Bidwill, NSW 2770
Phone- Mt Druitt Centre (02) 83191809
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Learning Ground is an initiative of the Chain Reaction Foundation. It was launched in 2006 with the support of a number of private trusts, foundations, Commonwealth Department of Social Services and the Department of Communities and Justice. Since 2006 Chain Reaction Foundation, in partnership with the local community, has developed and delivered its Learning Ground programs in Mt Druitt and surrounding suburbs.

The Learning Ground program is delivered at a behavioural change centre in Mt Druitt as well as within schools as Learning Ground in School (LGiS)

As of December 2020, over 1500 families have taken part in Learning Ground's Adolescent and Young People's Program, Youth Activity Program and Family Skills and Enablers Programs. The goal of Learning Ground is to provide support for the community in NSW and in particular to help young people and their families enter or re-enter the school system with a view to completing their education.

Our programs are founded on Aboriginal traditional and contemporary thought, and have been evaluated and endorsed by Western Sydney University.

Learning Ground delivers wellbeing and behavioural change programs for young people identified as having complex needs and those at risk of disengaging from school and community. Our approach is to partner with parents, guardians, support services and schools to provide holistic behavioural change to give teenagers the foundation they need to take the next steps towards a positive adult life. 80% of participants in our adolescent programs return to and complete school or find alternative pathways to employment.

The team at Chain Reaction Foundation deliver special care and encouragement to teenagers to improve self-awareness, self-esteem and a sense of belonging and confidence, as well as valuing a place in the wider community. We also assist in practical aspects of growing up; including developing literacy and numeracy, interview skills, gaining vital qualifications, conflict resolution and anger management.

Our participants are enrolled by their parents/guardians or referred to us through schools or support services.

Chain Reaction Foundation is funded by

- The Neilson Foundation
- St George Foundation
- Australian Government Department of Social Services (DSS)
- Matana Foundation

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ADOLESCENT PROGRAM

FOR PARTICIPANTS 13 - 17 YEARS

Our Adolescent Program is a behavioural change management program available to high school age boys and girls. It is suitable for those keen to learn skills to get back on track, or for those who may be experiencing school retention issues or bullying, feeling sad because of a recent loss, being quite shy, or showing they are troubled by being anxious or angry.

- The program offers personal development and motivational encouragement
- New communication and conflict resolution skills
- Anger management
- Handling criticism, bullying, and social media
- Examining prevention of domestic violence
- Managing personal expectations, needs, and wants.

The Adolescent Program is offered throughout the school term every Monday, 9.30am – 2.30pm at Mt Druitt Learning Ground, Bidwill Square, Bidwill

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YOUNG PEOPLE'S PROGRAM

FOR PARTICIPANTS 11 – 13 YEARS

Our Young People's Program is a behavioural change management program available to older Primary School age participants and Year 7 students. The program is suitable for those who may struggle with early high school experiences. Some of their experiences may include:

- feeling fearful of growing up
- uncertain about achieving results
- finding it hard to adjust to changing circumstances at home
- going through the loss of a family, friend, or pet
- showing signs of becoming an angry young person
- bullying others or being afraid of being bullied
- being lonely, reluctant or refusing to go to school and not looking forward to being a high school student
- becoming increasingly difficult in relating to parents or teachers and having some difficulties in telling the truth

Our Young People's Program is offered throughout the school term every Wednesday 9.30am – 2.30pm at Mt Druitt Learning Ground, Bidwill Square, Bidwill.

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YOUTH ACTIVITIES PROGRAM (YAP)

FOR PARTICIPANTS 10 – 17 YEARS

YAP offers Friday evening activities for Learning Ground participants and their friends. The activities change every month, and include film, photography, music, dance and drama.

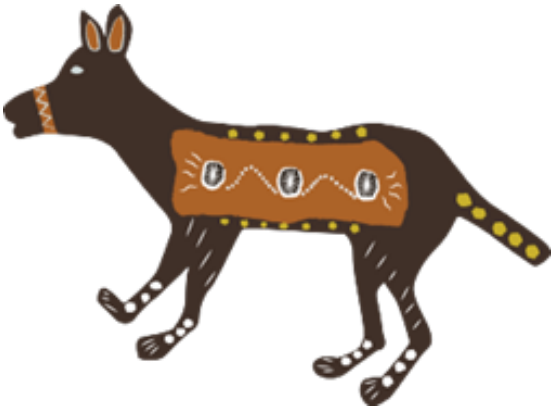
This is a popular program and spaces are limited so make sure you contact the team to sign up.

DURING SCHOOL TERM -– 5.30pm – 7.30pm, Fridays, BBQ provided

Our Programs are sponsored and delivered free of charge.

To enrol for YAP, contact our YAP Manager Stephen Lawler

Stephen@chainreaction.org.au or phone 0438 187 611



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Delivered by Melissa Hood, trained in parenting, coaching, family therapy and who has 18 years experience . Melissa is also a mum and author of ***"Real Parenting for Real Kids"***

FAMILY LIFE SKILLS PROGRAM

Learning Ground offers a unique program for parents, grandparents and child carers.

It is offered four times per year in blocks of 6 week sessions, each session consisting of approx. 3 hours. It is designed to be of great benefit to real parents who have real kids. Refreshments are provided: teas and lunch for morning sessions and light meal for evening sessions.

It covers five areas of interest to family members;

- Encouraging co-operation and confidence in children
- Managing emotions and improving communication especially in considering technology issues,
- Setting up for success within the family
- Rules, routines and rewards for tweens and teens
- Positive Discipline now and for the future
- Paying respect to cultural values

We also offer one day Family Skills Workshops. Please contact us for specific dates and topics for the one day workshops.

For more information or bookings please

contact rumbi@chainreaction.org.au

or phone 0438 187 611

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ENABLERS LEADERSHIP PROGRAM

The Enablers Leadership Program is designed for men and women who would like to take stronger leadership roles in their work and within local community. This program helps individuals to grow in personal leadership allowing them to be successful in leading at work and having a positive influence on others.

The program addresses skills in understanding one's self and developing good listening, communication, leadership and decision making techniques for building a social cohesive safe and engaged environment.

The program is offered as an in-house training for corporates, schools and not for profit organisations.

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rumbi@chainreaction.org.au or

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LEARNING GROUND IN SCHOOL

In 2020, Chain Reaction launched Learning Ground in School (LGiS) an innovative delivery model that takes the proven Learning Ground program in addition to the single centre in Mt Druitt into schools across NSW.

LGiS is a 20 week psycho-educational and skills building program that aims to promote cognitive, emotional and behavioural change in young people . It focuses on students identified by schools as being at risk of disconnecting with school.

The program draws on learning from educational psychology and traditional and contemporary Aboriginal thought on belonging and developing a sense of place.

This model has been developed to meet demand for wellbeing and behavioural programs for young people with complex needs and to make a positive contribution to both students and schools.

For more information or to express an interest in having LGiS at your school, please contact

rumbi@chainreaction.org.au or

phone 0438 187 611

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If you, or someone in your life, could benefit from participating in one of our programs, please contact one of our team by emailing **MDLG@chainreaction.org.au**

Or call the Executive Officer **Rumbi Mabambe 0438 187 611**

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